PARENT FACT SHEET

DISORDER

Hypermethioninemia (MET)

CAUSE

MET affects an enzyme needed to break down proteins in the food we eat, so they can be used for energy and growth. In MET, the enzyme used to break down proteins is missing or not working properly.

A person with MET doesn't have enough enzyme to break down protein containing methionine. When the body can't break down methionine, it builds up in the body and causes health problems.

MET is a genetic disorder that is passed on (inherited) from parents to a child. The mother and father of an affected child carry a gene change that can cause MET. Parents usually do not have signs or symptoms or even know they carry the gene change.

IF NOT TREATED

MET is different for each child. Some children with MET have few health problems, while other children may have more severe complications.

If MET is not treated, a child might develop:

- Sleepiness
- Weak muscle tone
- Developmental delay
- Liver problems
- Unusual facial features
- Mental disability
- Breath, sweat and urine may have cabbage smell

TREATMENT OPTIONS

Treatment is life-long and can include:

- Low protein diet – a dietician will help you set up the best diet for your child.
- Medications (Vitamin B6) to help break down proteins.

Children with MET should see their regular doctor, a doctor who specializes in hypermethioninemia and a dietician. Prompt and careful treatment helps children with MET live the healthiest lives possible.